



National Park Service  
U.S. Department of the Interior

Cuyahoga Valley  
National Park

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## Cuyahoga Valley National Park News Release

For Immediate Release- Wednesday, June 13, 2007

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### Akron Kids “Get Up, Get Out & Go!” this Summer

**Brecksville, Ohio** - *Get Up, Get Out & Go!*, presented by Cuyahoga Valley National Park (CVNP), and Cuyahoga Valley National Park Association (CVNPA) offers FREE outdoor activities along the Ohio & Erie Canal Towpath Trail for children, ages 11 to 14, and their families. The program focuses on promoting healthy, safe living for urban youth.

“We are very interested in having children and their families view the Towpath Trail, the Metroparks, and Cuyahoga Valley National Park as a place to get healthy,” said John P. Debo, Jr., Superintendent of Cuyahoga Valley National Park. “Last year we received great feedback from the participants, parents and children alike, we heard they had incredible experiences in a natural resource they did not know was so close to home.”

“Our parks really are a treasure for so many reasons,” said Don Plusquellic, Mayor of Akron. “It is encouraging to see so many people, especially young people, out at all hours of the day and into the evening exercising, getting fresh air, learning about nature and meeting friends along the Towpath. This is a natural resource that I want to urge families to explore and enjoy.”

“We know that physical activity is a vitally important component of health for young teens, who are already developing their lifelong habits in fitness and nutrition, said Dr. Keith Loud, Director, Center for Active Adolescent Health, Akron Children’s Hospital. The challenge is in making it fun and easily accessible. In this region we are blessed with this collective giant “backyard” - this program reminds us all how close and how much fun the CVNP and MetroParks really are.”

*Get Up, Get Out & Go!* kicks off Tuesday, June 26 from 4 to 7 p.m. at the Mustill Store, 248 Ferndale Street, Akron. Activities will include bike rides, games, music, and food. Free parking is available at the Mustill Store and Akron Northside Station. The City of Akron trolley’s will run between Akron Northside Station and the Mustill Store from 1:30 to 5:30 p.m.

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Each Tuesday and Thursday from June 28 through August 2, kids will participate in different activities from 7 to 9 p.m., including bike rides, hikes, scavenger hunts, fishing, 'goofball' games, and more. Programs are subject to change. Pre- registration is required. To register, call (330) 650- 4636 ext. 2 or (800) 257- 9477.

**Thursday, June 28                      Amazing Relay**

A team relay race with twists: tasks you or your team must accomplish before running to the next relay. Big Bend Trailhead of Sand Run Metropark.

**Tuesday, July 3                      Night Hike**

Come meet your winged and four- legged neighbors during this evening hike. Memorial Parkway Trailhead.

**Thursday, July 5                      Goofball Games I**

A madcap collection of games that pit teams against each other - be prepared to get wet! Big Bend Trailhead of Sand Run Metropark.

**Tuesday, July 10                      Night Bike Ride**

An evening bike ride along the towpath with grilled hot dogs to fuel you! Mustill Store.

**Thursday, July 12                      Scavenger Hunt**

A scavenger hunt with critters, prizes, snacks, fun and friends. Memorial Parkway Trailhead.

**Tuesday, July 17                      Fishing Fare I**

Hop aboard the Cuyahoga Valley Scenic Railroad to ride into Cuyahoga Valley National Park for an evening fishing in Indigo Lake. Akron Northside Station.

**Thursday, July 19                      Lost in Space**

With the help of gadgets, gizmos, and compasses, can you survive this? Big Bend Trailhead of Sand Run Metropark.

**Tuesday, July 24                      Night Bike Ride**

An evening bike ride along the Towpath from Big Bend with watermelon at the Mustill Store. Big Bend Trailhead of Sand Run Metropark.

**Thursday, July 26                      Lantern Hike**

Explore Akron, its history, and why it matters, in this evening hike. Mustill Store.

**Tuesday, July 31                      Fishing Fare II**

Cuyahoga Valley Scenic Railroad takes you into Cuyahoga Valley National Park for another evening fishing at Indigo Lake. Akron Northside Station.

**Thursday, August 2                      Goofball II**

The final night event: more goofy games with a park and recreation twist. Big Bend Trailhead of Sand Run Metropark.

*Get Up, Get Out & Go!* will end with a grand finale, Saturday, August 4 from 4 to 8:30 p.m. at Howe Meadow, 4040 Riverview Road., Peninsula, Ohio. Kids and families are invited to participate in activities such as canoeing, tie- dying, challenge courses, and games. At 6:30 p.m., percussion group *HeartBEAT*

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*Afrika* will perform. *HeartBEAT* 's style of percussion using trashcans, buckets, traditional African drums, conventional drum set, and rhythms played by feet, body, and hands. This ensemble performs a mixture of street percussion, traditional African percussion, song, storytelling, theatre and dance. Activities begin at 4:30 and the concert begins at 6:30. If it rains, the pre- concert activities are cancelled and the concert will be held at Happy Days Visitor Center. This concert is funded through the generous support of Audio-Technica, Kulas Foundation, and promotional support by WKSU 89.7 FM.

Registration is required for every event except the kickoff and the grand finale. To register, call (330) 650-4636 ext. 2 or (800) 257- 9477. Individuals interested in volunteering at any of the events are encouraged to call Happy Days Visitor Center at (330) 650- 4636 ext. 3 or (800) 257- 9477.

Free transportation is provided to all the activities from the following locations in Akron:

Riedinger Middle School - 77 West Thornton Street

Joy Park Recreation Center - 825 Fuller Street

Lawton Recreation Center - 1225 Lawton Street

*Get Up, Get Out & Go!* thanks the following sponsors for their support; Akron Community Foundation, Cuyahoga Valley Scenic Railroad, FirstMerit Bank, Goodyear, Akron Children's Hospital, WZIP 88.1 FM, Akron METRO RTA, and The Reporter.

**The campaign partners include the following organizations:** Akron District Church of God in Christ; Akron Police Department; Akron Recreation Bureau; Akron Urban League; City of Akron; Great Trails Council, Boy Scouts of America; Cascade Locks Park Association; Metro Parks, Serving Summit County; Riedinger Middle School; and TCB Community Initiatives Program.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information call (216) 524- 1497 or (800) 445- 9667 or visit [www.nps.gov/cuva](http://www.nps.gov/cuva).

CVNPA, in partnership with the National Park Service and Cuyahoga Valley National Park, provides innovative education programs and fosters community awareness, support, and enjoyment of the park. For more information about CVNPA and its membership program, visit [www.cvnpa.org](http://www.cvnpa.org) or call (330) 657- 2909.

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